Rice University
Lifetime Physical Activity Program
LPAP 197: Introduction to Personal Wellness
Fall 2015 Course Outline

Instructor: Marcia Oliveira, Ed.D.
Phone: (713) 348-4058 (LPAP Department)
E-mail: marcia.oliveira@rice.edu
Class Time: Monday 3:00 – 4:40 p.m.
Location: Wellness 160A

Course Description:

This course is designed to help students understand the multilevel and complex factors that influence their personal health and wellbeing. The societal, community, and interpersonal factors that collectively impact an individual's health and wellbeing will be explored. The information learned in this course will help students make informed decisions to better influence their personal health and wellness and cope with external factors.

This class is designed to be primarily lecture with activities and discussions related to topics so that students can reflect and plan actions on health and wellness in an open environment among their peers. Personal wellness topics will be explored further with: (a) reflective essays with personal portfolios, (b) wellness assessment, (c) fitness and wellness plan, and (d) final paper. Refer to the course calendar for topics that will be covered.

Course Learning Objectives:

Upon completion of this course, the student will be able to:

- Understand current issues on health and wellness that may affects self and others.
- Assess the dimensions of wellness within a socio-ecological framework.
- Apply the seven dimensions of wellness to their lives.
- Understand current level of wellness and fitness that may interfere with healthy living.
- Understand how societal, community and interpersonal relationships impact personal health.
- Periodically know how to assess basic wellness level utilizing the five components areas.
- Modify a personal health behavior(s) by utilizing a fundamental health behavior theory.
- Locate and utilize current health and wellness resources along with technology tools.

Required Text:

Teague, M.L., Mackenzie, S.L. & Rosenthal, D.M. (2012). *Your Health Today: Choices in a Changing Society*. Champagne: McGraw Hill. 4th edition. ISBN: 0078028477

Class Attendance:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed one "free" absence. Should a student miss an additional class, she/he will need to arrange to make up the missed class at a time and place that is agreed upon both, the student and the instructor. It is the responsibility of student to initiate conversation with the instructor to discuss the make-up, and an agreement must be reached between the parties within two weeks of the absence. If a student fails to make up a missed second class, his/her final grade will drop by one grade letter.

Please note, students will not be allowed to make up more than one class. Three total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

Grading:

Course Total Points: **200**
Attendance, on time assignments, and class participation (2 points each class session) **...**…..…... **30 points total**
Reflective Essays and Personal Health Portfolios (RE/PHP)– Chapters 1- 7 (10 points each) ….... **70 points total**
Health Related Assessment (HRA) and Reassessment – Over chapters 6 – 8 (25 points each) **..**… **50 points total**
Personal Wellness Final Paper (PWFP)– Overall Individual Related Area……...….. **50 points total**

Grading Scale:

Points	**Grade**
180-200	A
160-179	B
140-159	C
120 – 139	D
<120	F

Honor Code Violations:

All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

FALL 2015 COURSE CALENDAR

August 24	Course Overview, Guidelines, Chapter and Tasks Intro	Reflection/PHP/Objectives-Final, Health/Fitness Standards
August 31	Chapter 1: Self, family, and Community	Chapter 1. RE/PHP 1
September 7	Labor Day Holiday	*Enjoy your break!*
September 14	Mental Health and Social Connections	Chapters 2-3. RE/PHP 2-3
September 21	Sleep, Nutrition, and Fitness Assessment/Wellness Challenge	Chapters 4-5. RE/PHP 4-5
September 28	Fitness, Body Weight and Body Composition	Chapters 6-7. RE/PHP 6-7
October 5	Body Image, Alcohol and Tobacco, Drugs	Chapters 8,9, and 10
October 12	Mid-Term Recess – NO CLASS	*Enjoy your break!*
October 19	Sexual Health and Reproductive Issues (Online TBA)	Chapters 11, 12
October 26	Infectious Diseases (Online TBA)	Chapters 13
November 2	Cardiovascular Diseases, Diabetes, and Lung diseases	Chapter 14
November 9	Cancer, Injury and Violence	Chapter 15-16
November 16	Complementary (Integrative) and Alternative Medicine	Chapter 17
November 23	Environmental Issues, Wellness Components reassessment	Chapter 18
November 30	Last Day of Class – Semester review and final overview	Final due: December 14

ADA Statement:

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.